HE PAMPERS HIMSELF

Let me start by saying how much I enjoy reading diaper letters in *Variations*. I sleep in diapers every night and never go to bed before my bladder is full. I always drink several glasses of water with my dinner and several more afterward, so the urge to pee is very great by the time I retire for the evening.

I use towels as diapers. I fold one and pin it on me and then fold two others in half three times and insert them in my plastic pants to absorb the flow of urine. Once in bed, on my back, I simply let my water out. Then I usually masturbate while soaking in the diaper. I don't usually have to use the bathroom during the night, but if I do I just roll onto my back and let go.

Morning brings its own pleasures. I almost always have a full bladder upon awakening and so once again I pee into my diaper. On occasion I wait until I'm in the kitchen eating breakfast to wet my diaper.

I also enjoy giving myself an enema and then holding the solution inside me as I pin my diaper on. Once the diaper is pinned and I'm in my plastic pants, I can just lie back and release the enema. Believe me, this is a feeling second to none.

My favorite day of the week is Sunday, for then I can stay in my diaper and void my bladder all day long.

Mr. S.T.,
Maryland